



HELPING
YOURSELF
TO HEALTH

—  —
SMALL STEPS ARE THE START.

PREVENTING TYPE 2 DIABETES

A guide to refer your patients with
prediabetes to an evidence-based
Diabetes Prevention Program

To find resources for your patients, visit:

MYHEALTHYVT.ORG



Adapted from a guide of the same name created by the American Medical Association and the Centers for Disease Control and Prevention.



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Helping Yourself to Health

The Providers' Toolkit for Prediabetes.

This toolkit helps primary care office staff prevent diabetes by linking patients with free, evidence-based diabetes prevention programs available throughout Vermont. The content of this toolkit was influenced by an AMA/CDC Provider Toolkit: https://www.cdc.gov/diabetes/prevention/pdf/STAT_toolkit.pdf.

In the average primary care practice, it's likely that one-third of patients over age 18 and half over age 65 have prediabetes. Use this guide to help your patients delay or prevent the onset of type 2 diabetes.

Prediabetes is a health condition characterized by blood glucose levels that are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes increases the risk for type 2 diabetes, heart disease, and stroke.

Prediabetes is treatable, but only about 10 percent of people who have it are aware that they do. Left untreated, up to one-third of people with prediabetes will progress to diabetes within five years.

During that window of time, your patients can benefit from a proven lifestyle-change intervention that is part of the National Diabetes Prevention Program (National DPP) led by the Centers for Disease Control and Prevention (CDC). In Vermont, the Greater Burlington YMCA oversees the YMCA's Diabetes Prevention Program in diverse locations statewide.

This toolkit, influenced by the American Medical Association (AMA) and the Centers for Disease Control and Prevention (CDC), contains resources that health teams can use to identify patients with prediabetes, and refer eligible patients to diabetes prevention programs.

The tools in this guide will assist providers in:

- Screening and identifying patients for prediabetes programs
- Referring patients to the YMCA's Diabetes Prevention Program
- Obtaining feedback about patients' progress in the program

PART OF A NATIONAL MOVEMENT

The Vermont Department of Health, the Vermont Blueprint for Health, and the Greater Burlington YMCA have partnered to create a new resource, myhealthyvt.org, dedicated to helping Vermonters get the support they need to take steps for improving their health. [Myhealthyvt.org](http://myhealthyvt.org) connects your patients to local self-management programs addressing:

- Diabetes prevention
- Diabetes management
- Quitting smoking
- Emotional wellness
- Chronic disease management
- Chronic pain management

The YMCA's Diabetes Prevention Program is working with the CDC to become recognized as part of the National Diabetes Prevention Program. The YMCA's Diabetes Prevention Program follows a CDC-approved curriculum and achieves meaningful results with patients. These programs are based on government-supported research showing that a yearlong, structured lifestyle-change intervention reduced the incidence of diabetes by 58 percent among adults with prediabetes and by 71 percent in those aged 60 years or older.¹

Diabetes prevention programs are successful in part because they require only moderate weight loss to achieve preventive health benefits. Weight loss of 5 to 7 percent of body weight—10 to 14 pounds for a person weighing 200 pounds—led to these dramatically reduced incidences of diabetes. These programs are one of the most effective ways to help physicians prevent or delay type 2 diabetes in high-risk patients.

Use this toolkit to help identify and refer patients with prediabetes to the YMCA's Diabetes Prevention Program and myhealthyvt.org. It is available for download at <http://healthvermont.gov/prevent/diabetes/diabetes.aspx>.

1. https://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Documents/DPP_508.pdf

Additional Information

**Helping Yourself to Health –
Local diabetes prevention programs**
Myhealthyvt.org

Do I Have Prediabetes?

View videos and printed material for assisting consumers to consider diabetes risk at DoIHavePrediabetes.org

**Prevent Diabetes STAT
(Screen, Test, Act Today)**
preventdiabetesstat.org

**Centers for Disease Control and Prevention's
National Diabetes Prevention Program**
cdc.gov/diabetes/prevention

National Institutes of Health
<http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram>

HOW DOES A DIABETES PREVENTION PROGRAM WORK?

Diabetes prevention programs that are part of the National Diabetes Prevention Program use lifestyle-change interventions that target improving nutrition, increasing physical activity, and achieving moderate weight loss.

The goal for each participant is to lose 5–7 percent of body weight by:

- Progressively reducing dietary intake of calories and fat through improved food choices
- Gradually increasing moderate physical activity (e.g., brisk walking) to ≥150 minutes per week
- Developing behavioral problem-solving and coping skills

Features include:

- A yearlong structured program (in-person group) consisting of:
 - » An initial six-month phase offering at least 16 sessions over 16–24 weeks
 - » A second six-month phase offering at least one session a month (at least six sessions)
- Facilitation by a trained lifestyle coach
- Use of a CDC-approved curriculum
- Regular opportunities for direct interaction between the lifestyle coach and participants
- An emphasis on behavior modification, managing stress, and peer support

Who is eligible for referral to a diabetes prevention program?

To be eligible for referral, patients must:

- Be at least 18 years old **and**
- Be overweight (Body-Mass Index [BMI] ≥25; ≥22 if Asian) **and**
- Have a blood test result in the prediabetes range within the past year:
 - » Hemoglobin A1C: 5.7–6.4% **or**
 - » Fasting plasma glucose: 100–125 mg/dL **or**
 - » Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL **or**
- Be previously diagnosed with gestational diabetes **and**
- Have no previous diagnosis of diabetes

Physicians and other health care providers should also use their independent judgment when referring to a diabetes prevention program.

How can patients find a diabetes prevention program near them?

Please encourage patients to visit myhealthyvt.org. There they will learn more about the program, locate a program in their area, and be able to connect with a regional coordinator.

Does health insurance cover patient participation in a diabetes prevention program?

In other states, a growing number of private health insurers offer coverage for patient participation in diabetes prevention programs. But this program, which costs \$429 per year, is provided free of charge for Vermonters.

How do I code for prediabetes screening?

Depending on the type of office visit, practices can use several CPT and ICD codes to bill for prediabetes screening and counseling. A list of commonly used CPT and ICD codes is included on pages 16-17 in this guide.

FEEDBACK FROM DIABETES PREVENTION PROGRAM TO REFERRING CLINICIANS

Most programs send reports of participant progress to referring clinicians after the eighth and 16th group sessions. In addition, participants in the program complete periodic self-evaluations that referring clinicians can request directly from patients.

Sending patient information to a diabetes prevention program provider—Assurance of Privacy Practices

Each workshop coach signs an agreement with the national YMCA of the USA that the coach will adhere to the rules of protected health information (PHI), and the Greater Burlington YMCA's rules of HIPAA and PHI. Each participant signs a HIPAA release for national and Greater Burlington YMCA rules overseeing PHI.

You Can Prevent Type 2 Diabetes

Test your patients for prediabetes and refer those at risk to the YMCA's Diabetes Prevention Program at myhealthyvt.org.

You likely know which of your patients is at high risk for type 2 diabetes. Until now you may not have had a resource to help them stop the progression from prediabetes to diabetes. Now, you do.

This toolkit has been designed to help Vermont primary care office staff screen and refer patients to evidence-based diabetes prevention programs without adding a burden to the practice. Visit preventdiabetesstat.org to learn more.

Helpful Tips:

- Progression from prediabetes to diabetes can take as little as five years.
- During that window of time, your patients can benefit from a proven intervention that is part of the CDC's National Diabetes Prevention Program (National DPP).
- Counsel your patients that prediabetes is a potentially reversible condition, and one that you can help them manage effectively by:
 - » Screening and identifying patients for prediabetes
 - » Referring them to myhealthyvt.org to connect with the YMCA's Diabetes Prevention Programs throughout the state.

Evidence-based program results

- Among those with prediabetes, the diabetes prevention program has shown a reduction in high blood pressure, a 58 percent reduction in the number of new cases of diabetes overall, and a 71 percent reduction in new cases for those over age 60.
- These results were achieved through reducing calories consumed, increasing physical activity, and providing peer support.
- Based on strong evidence of effectiveness in reducing new-onset diabetes, the Community Preventive Services Task Force (thecommunityguide.org) now recommends combined diet and physical activity promotion programs like the National DPP for people at increased risk of type 2 diabetes.

Program features

- The program empowers patients with prediabetes to take charge of their health and well-being.
- Participants meet in groups with a trained lifestyle coach for one year consisting of 16 weekly sessions, and then gradually tapering to monthly sessions for the last six months of the program.
- These are NOT exercise classes. At these sessions, patients learn ways to eat healthier and increase moderate physical activity, make action-plans and solve problems, and incorporate stress-reduction and coping skills into their daily lives.

See below to determine which of your patients is eligible for the diabetes prevention program.

In the average primary care practice, it's likely that one-third of patients over age 18 and half over age 65 have prediabetes.

Locating a program and referring eligible patients

- The YMCA's Diabetes Prevention Programs are offered in varied locations throughout the state.
- Find a program for your patients at myhealthyvt.org.

Eligibility for the Diabetes Prevention Program

A. Inclusion criteria:

- Current age ≥ 18 years and
- Most recent BMI ≥ 25 (≥ 22 if Asian) and
- A positive lab test result within previous 12 months:
 - » HbA1C 5.7–6.4% (LOINC¹ code 4548-4) **or**
 - » FPG 100–125 mg/dL (LOINC code 1558-6) **or**
 - » OGTT 140–199 mg/dL (LOINC code 62856-0)**or**
- Personal history of gestational diabetes (ICD-10: Z86.32)

B. Exclusion criteria:

- Current diagnosis of type 2 diabetes (ICD-10: E11)

Consider referring eligible patients:

- At the time of an office visit, and/or
- By generating a list of eligible patients from your electronic health record using a structured query

Physicians and other health care providers should also use their independent judgment when referring patients to a diabetes prevention program.

1. LOINC are Logical Observation Identifiers Names and Codes

Point-of-Care Prediabetes Identification

METHOD 1:

If patient is age ≥ 18 and does not have diabetes, provide self-screening test (YMCA's Diabetes Prevention Program Eligibility Checklist). If self-screening test reveals risk, proceed to next step

Review medical record to determine if BMI ≥ 25 (≥ 22 if Asian) or history of GDM*

NO

YES

If no: Patient does not currently meet program eligibility requirements

Determine if a HbA1C, FPG or OGTT was performed in the past 12 month

NO

YES

Order one of the tests below:

- Hemoglobin A1C (HbA1C)
- Fasting plasma glucose (FPG)
- Oral glucose tolerance test (OGTT)

RESULTS

Diagnostic test	Normal	Prediabetes	Diabetes
Hba1C(%)	<5.7	5.7–6.4	≥ 6.5
Fasting plasma glucose (mg/dl)	<100	100–125	≥ 126
Oral glucose tolerance test (mg/dl)	<140	140–199	≥ 200

Normal	Prediabetes	Diabetes
Encourage patient to maintain a healthy lifestyle.	Refer to diabetes prevention program, myhealthyvt.org .	Confirm diagnosis retest if necessary.
Continue with exam/consult. Retest within three years of last negative test.	Consider retesting annually to check for diabetes onset.	Counsel patient re: diagnosis. Initiate therapy.

Communicate with your local diabetes program.

Contact patient and troubleshoot issues with enrollment or participation.

At the next visit, ask patient about progress and encourage continued participation in the program.

Adapted from: New York State Department of Health. New York State Diabetes Prevention Program (NYS DDP) prediabetes identification and intervention algorithm. New York: NY Department of Health; 2012.

* GDM stands for gestational diabetes mellitus

Referring Patients to a Diabetes Prevention Program

METHOD 1:

- Point-of-care identification and referral
- Download and display the patient handout
- Download and print the practice and patient resources included in this guide in advance of patient visits, so your office can have them available in the waiting room or during consult.

Measure

Step 1 — During check-in: If age ≥ 18 and patient does not have diabetes, give him/her the YMCA's "Can I Participate" form included in this toolkit. After patient completes the test and returns it, insert completed test in the paper chart or note risk score in the electronic medical record (EMR). Screening test can also be mailed to patient along with other pre-visit materials.

Step 2 — During rooming/vitals: Calculate the patient's body-mass index. Most EMRs can calculate BMI automatically. Review the patient's diabetes risk score and, if elevated (9 or higher), flag for possible referral.

Step 3 — During exam/consult: Follow the point-of-care prediabetes identification algorithm to determine if patient has prediabetes. If the blood test results do not indicate prediabetes:

Encourage the patient to maintain healthy lifestyle choices. Continue with exam/consult.

Referring Patients to a Diabetes Prevention Program (continued)

Act

- A. If the patient screens positive for prediabetes and has BMI <25 (<22 if Asian):
- Introduce the topic of prediabetes by briefly explaining what it is and its relation to diabetes (use the handout “So you have prediabetes. Now what?”). Review the patient’s own risk factors.
 - Emphasize the importance of prevention, including healthy eating, increased physical activity, and the elimination of risky drinking and tobacco use.
- B. If the patient screens positive for prediabetes and has BMI ≥25 (≥22 if Asian):
- Follow the step “A” above, discuss the value of participating in a diabetes prevention program, and determine the patient’s willingness to let you refer him/her to a program.
 - If the patient agrees, notify the Health Service Area’s Regional Coordinator or call the YMCA at 802-652-8196.
 - If patient declines, offer him/her a program handout with the website myhealthyvt.org and reevaluate risk factors at next clinic visit.

Step 4 — Referral to diabetes prevention program: Most diabetes prevention programs are configured to receive referrals via conventional fax (over a phone line) or secure email. Complete the referral form and submit to a program as follows: 802-652-8191 (secure fax) or email securely to ymcadpp@gbymca.org.

- A. If using a paper referral form, as available in this toolkit, send via fax (over a phone line) or scan and email.
- B. If the referral form is embedded in your EMR, either fax (over a phone line) or email using the EMR.

Physicians and other health care providers should also use their independent judgment when referring to a diabetes prevention program.

Partner

Step 5 — Follow-up with patient: Contact patient and troubleshoot issues with enrollment or participation. At the next visit, ask patient about progress and encourage continued participation in the program.

Retrospective Prediabetes Identification

METHOD 2:

MEASURE

Query Electronic Health Records or patient database every 6–12 months using the following criteria:

A. Inclusion criteria:

- Age ≥ 18 years **and**
- Most recent BMI ≥ 25 (≥ 22 if Asian) **and**
- A positive lab test result within previous 12 months:
 - HbA1C 5.7–6.4% (LOINC* code 4548-4) **or**
 - FPG 100–125 mg/dl (LOINC code 1558-6) **or**
 - OGTT 140–199 mg/dl (LOINC code 62856-0) **or**
- History of gestational diabetes (ICD-10: Z86.32)

B. Exclusion criteria:

- Current diagnosis of type 2 diabetes (ICD-10: E11) **or**
- Current Insulin use

Generate a list of patient names with relevant information

ACT

Use the patient list to:

- A. Contact patients to inform of risk status, explain prediabetes, and share info on diabetes prevention programs, **and/or**
- B. Send patient contact info to Diabetes Prevention Program's Regional Coordinator (found at myhealthyvt.org). The Regional Coordinator will contact patient directly, **and**
- C. Flag medical record for patient's next office visit

PARTNER

Discuss program participation at next visit

* LOINC are Logical Observation Identifiers Names and Codes

Retrospective Prediabetes Identification (continued)

METHOD 2:

Retrospective identification and referral

Measure

Step 1 — Query EMR or patient database

Query your EMR or patient database every 6–12 months using the following criteria:

A. Inclusion criteria:

- Age ≥ 18 years **and**
- BMI ≥ 25 (≥ 22 if Asian) **and**
- A positive test result for prediabetes within the preceding 12 months:
 - » HbA1C 5.7–6.4% **or**
 - » Fasting plasma glucose 100–125 mg/dL **or**
 - » Oral glucose tolerance test 140–199 mg/dL **or**
- Clinically diagnosed gestational diabetes during a previous pregnancy

B. Exclusion criteria:

- Current diagnosis of diabetes

Generate a list of patient names and other information required to make referrals:

- » Gender and birth date
- » Email address
- » Mailing address
- » Phone number

Act

Step 2 — Referral to diabetes prevention program

- A. Contact patients via phone, email, letter, or postcard to explain their prediabetes status and let them know about the diabetes prevention program.
- B. Send relevant patient information to your Regional Coordinator who will contact the patient directly.
- C. Flag patient's medical records for their next office visit.

Physicians and other health care providers should also use their independent judgment when referring to a diabetes prevention program.

Partner

During the next office visit, discuss diabetes prevention program participation:

- If the patient is participating, discuss program experience and encourage continued participation.
- If the patient has declined to participate, stress the importance of lifestyle change and continue to encourage participation (use the handout “So you have prediabetes. Now what?”).

Provider Referral to YMCA's Diabetes Prevention Program

Send to: FAX 802.652.8191 email: ymcadpp@gbymca.org

Patient Information	
First Name:	Address:
Last Name:	
Birth Date:	City:
Gender:	State / ZIP code:
Email:	Phone number:

By providing your information above, you authorize your health care practitioner to provide this information to the YMCA's Diabetes Prevention Program provider, who will use this information to communicate with you regarding enrollment in the program.

Practitioner Information	
Provider:	Address:
Practice contact:	City:
Phone:	State:
Fax:	ZIP code:

Screening Information			
Body-Mass Index (BMI)		eligibility ≥ 25 , ≥ 22 if Asian	
Blood test (check one)	Eligible range	Test result	Date of test
<input type="checkbox"/> Hemoglobin A1c	5.7–6.4%		
<input type="checkbox"/> Fasting Plasma Glucose	100–125 mg/dL		
<input type="checkbox"/> 2-hour plasma glucose (75 gm OGTT)	140–199 mg/dL		
<input type="checkbox"/> Gestational Diabetes (in a prior pregnancy)			

By signing this form, I authorize my practitioner to disclose my diabetes screening results to the YMCA's Diabetes Prevention Program for the sole purpose of determining my eligibility for the diabetes prevention program.

I understand that I am not obligated to participate and that this authorization is voluntary.

I understand that I may revoke this authorization by notifying my provider in writing. Any revocation will not have an effect on actions taken before my provider received said revocation.

Patient Signature	Date

Provider Referral to YMCA's Diabetes Prevention Program

International Classification of Diseases (ICD) 10 for prediabetes and diabetes screening

ICD-10 code	ICD-10 code description
Z13.1	Encounter for screening for diabetes mellitus
R73.09	Prediabetes or other abnormal glucose
R73.01	Impaired fasting glucose
R73.02	Impaired glucose tolerance (oral)
R73.9	Hyperglycemia, unspecified
Z86.32	Personal history of gestational diabetes
E66.01	Morbid obesity due to excess calories
E66.09	Other obesity due to excess calories
E66.8	Other obesity
E66.9	Obesity, unspecified
E66.3	Overweight
Z68.3X	Body mass indexes 30.0-39.9 (adult)
Z68.4X	Body mass indexes ≥40.0 (adult)

Provider Referral to YMCA's Diabetes Prevention Program

Current Procedural Terminology (CPT*) for diabetes screening tests

CPT E/M codes for prevention-related office visits		CPT codes for office-based laboratory testing	
Preventative visit New Patient, Commercial/Medicaid	99381-99387	83036QW	Office-based Hemoglobin A1C testing
Preventative visit Established Patient Commercial/Medicaid)	99391-99397	82962	Office-based finger stick glucose testing
Annual Wellness Visit Initial Medicare	G0438		
Annual Wellness Visit Subsequent enrolled >1 year Medicare	G0439		
Individual Preventative Counseling* Commercial/Medicaid	99401 – Approx 15min 99402 – Approx 30min 99403 – Approx 45min 99404 – Approx 60min		
Face-to-Face Obesity	G0447 – 15min		
Counseling for Obesity:† Medicare			

These codes may be useful to report services/tests performed to screen for prediabetes and diabetes.

* Preventatives codes 99381-99397 include counseling and cannot be combined with additional counseling codes. If significant risk factor reduction and/or behavior change counseling is provided during a problem-oriented encounter, additional preventative counseling may be billed. In this case, modifier 25 code may allow for payment for both services, although this may vary by payer. Reimbursement for this code is not guaranteed.

† Must be billed with an ICD code indicating a BMI of 30 or greater. Medicare does not allow billing for another service provided on the same day.

YMCA Diabetes Prevention Program Eligibility Checklist

YMCA'S DIABETES PREVENTION PROGRAM CAN I PARTICIPATE?

USE THE FOLLOWING CHECKLISTS TO FIND OUT IF YOU ARE ELIGIBLE TO PARTICIPATE:

DO YOU MEET THE PROGRAM REQUIREMENTS?

Please check each box that is true:

- ☐ I am at least 18 years old
- ☐ I am overweight (BMI \geq 25)*
- ☐ I am at risk for developing type 2 diabetes or have been diagnosed with prediabetes[†] by a health care provider

DO YOU HAVE ONE OF THE FOLLOWING LAB VALUES OR DIAGNOSIS?

Please check each box that is true:

- ☐ A1c: _____ (must be 5.7% - 6.4%)
- ☐ Fasting Plasma Glucose: _____ (must be 100 - 125 mg/dL)
- ☐ 2-hour (75 gm glucola) Plasma Glucose: _____ (must be 140 - 199 mg/dL)
- ☐ Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.¹

TAKE THE TEST – KNOW YOUR SCORE!

Answer these seven questions – for each “Yes” answer, add the number of points listed:

YES NO

Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a parent with diabetes?	1	0
Do you have a brother or sister with diabetes?	1	0
Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you younger than 65 years of age and get little or no physical activity in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0

TOTAL POINTS FOR ALL “YES” RESPONSES:

If you scored a 9 or higher, then you may be at risk for prediabetes or diabetes, and may qualify for the program.

This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes. If you have a blood value in the normal range, you will not qualify for the program even if you meet at-risk qualifications.

AT-RISK WEIGHT CHART	
Height	Weight (in pounds)
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

*Asian individual(s) BMI \geq 22

[†]Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

¹ Based on Herman WH, Smith PJ, Thomason TJ, Englegau MM, Aubert RE. A new and simple questionnaire to identify people at risk for undiagnosed diabetes. Diabetes Care 1995 Mar;18(3):382-7.

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So You Have Prediabetes. Now What?

Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This condition raises your risk of type 2 diabetes, stroke, and heart disease.

What can you do about it?

The good news is that there's a program that can help you. Visit myhealthylvt.org to find a program in your area.

The YMCA's Diabetes Prevention Program, recognized by the Centers for Disease Control and Prevention (CDC), uses a method proven to prevent or delay type 2 diabetes.

By improving food choices and increasing physical activity, your goal will be to lose 5 to 7 percent of your body weight—that is 10 to 14 pounds for a person weighing 200 pounds.

These lifestyle changes can cut your risk of developing type 2 diabetes by more than half.

How does the program work?

As part of a group, you will work with a trained diabetes prevention coach and other participants to learn the skills you need to make lasting lifestyle changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

The program lasts one year, with 16 sessions taking place about once a week and six to eight more sessions meeting once a month. By going through the program with others who have prediabetes, you can celebrate each other's successes and work together to overcome challenges.

This program—valued at \$429 in other states—is free for Vermonters.

Why should you act now?

Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within five years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs. NOW is the time to take charge of your health and make a change.

Features of the program:

- A trained coach to guide and encourage you
- A CDC-approved program
- Group support
- Skills to help you lose weight, be more physically active, and manage stress

"Meeting other people who are going through the same thing and the encouragement I have received from them to keep going not only in the program but in my journey as well."

Janet, Burlington

Find a diabetes prevention program in your area today by visiting myhealthylvt.org.

Letter Template

Use or adapt these templates to conduct efficient follow-up and referral with patients who have been identified as having prediabetes.

<<YOUR LETTERHEAD>>
<<ADDRESS>>
<<PHONE NUMBER>>
<<DATE>>
<<PATIENT NAME>>
<<PATIENT ADDRESS>>

Dr./Mr./Mrs. <<PATIENT LAST NAME>>,

Your health team at <<PRACTICE NAME HERE>> wants to tell you about a free service to help make your health better.

Based on our review of your medical chart, you have a condition known as prediabetes. This means your blood sugar is higher than normal, which increases your risk of developing serious health problems including type 2 diabetes, as well as heart disease and stroke.

We have some good news. Our office wants you to know that you may be eligible for a diabetes prevention program run by our partner, the Greater Burlington YMCA. They offer diabetes prevention programs in diverse locations throughout the state that are proven to reduce your risk of developing diabetes and other health problems.

We have sent a referral to <<NAME OF Regional Coordinator>>, and someone will call you to discuss the program, answer any questions you may have, and, if you are interested, enroll you in the program.

Please feel free to give <<NAME OF Regional Coordinator>> a call at <<PHONE NUMBER>>.

—OR—

We have sent a referral to the Regional Coordinator's office for this program, and we urge you to call the phone number available at myhealthyvt.org to find the nearest location, learn more about the program, and enroll. On the myhealthyvt.org website, select "learn more" under Diabetes Prevention, and then select "READY TO GET STARTED? FIND A PROGRAM NEAR YOU." Click on the "green balloon" in your area for the Regional Coordinator's contact information.

We hope you will take advantage of this program, which can help prevent you from developing serious health problems.

Sincerely,

Dr. <<PHYSICIAN LAST NAME>>

Sample “Talking points” for Phone Outreach

Hello <<PATIENT NAME>>.

- I am calling from <<PRACTICE NAME HERE>>.
- I’m calling to tell you about a program we’d like you to consider, to help you prevent some serious health problems.
- Based on our review of your medical chart, you have a condition known as prediabetes. This means your blood sugar is higher than normal, which makes you more likely to develop serious health problems including type 2 diabetes, stroke, and heart disease.
- We have some good news, too.
- You may be eligible for a diabetes prevention program run by our partners, the Greater Burlington YMCA.

—Their Diabetes Prevention Program is based on research proven to reduce your risk of developing diabetes and other health problems. You do not need to go to or join the YMCA. These programs are offered in diverse locations statewide.

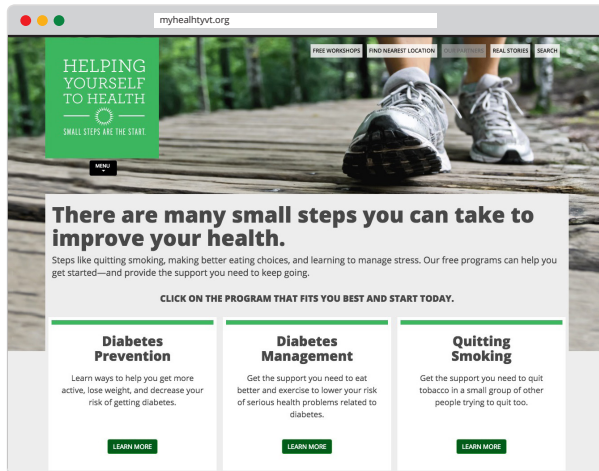
Option A

- We have sent a referral to <<NAME OF REGIONAL COORDINATOR >> and someone will call you to discuss the program, answer any questions you may have, and, if you are interested, enroll you in the program.
- Please feel free to give <<NAME OF REGIONAL COORDINATOR>> a call at <<PHONE NUMBER—see map linked to FIND A PROGRAM NEAR YOU>>.
- Do you have any questions for me?
- Thank you for your time and be well.

Option B

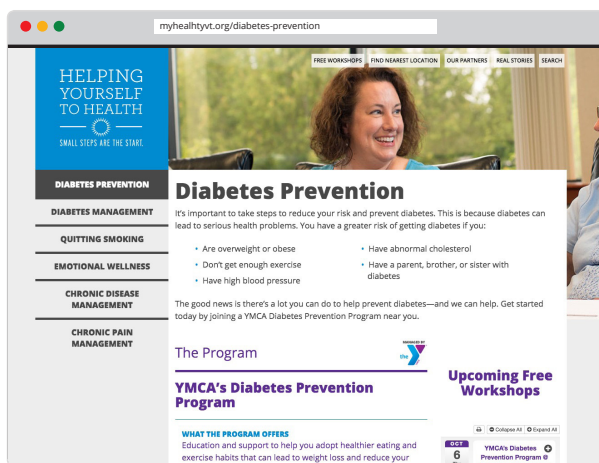
- We have sent a referral to <<NAME OF REGIONAL COORDINATOR>> and we urge you to call <<PHONE NUMBER>> to learn more about the program and enroll.
- We hope you will take advantage of this program, which can help prevent you from developing serious health problems.
- Do you have any questions for me?
- Thank you for your time and be well.

Features of MyHealthyVT.org



MyHealthyVT.org

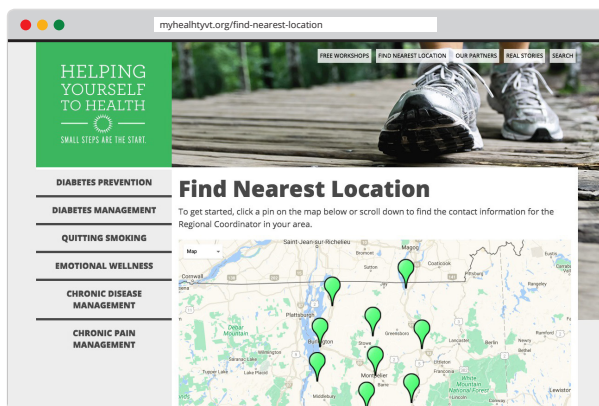
Your patients can find more information about Diabetes Prevention as well as other free Self-Management Programs available in Vermont at <http://myhealthyvt.org/>.



Diabetes Prevention

Explore the Diabetes Prevention page to find details about the YMCA's Diabetes Prevention Program, what it offers and who it's for, as well as upcoming workshops, success stories and resources.

<http://myhealthyvt.org/diabetes-prevention/>

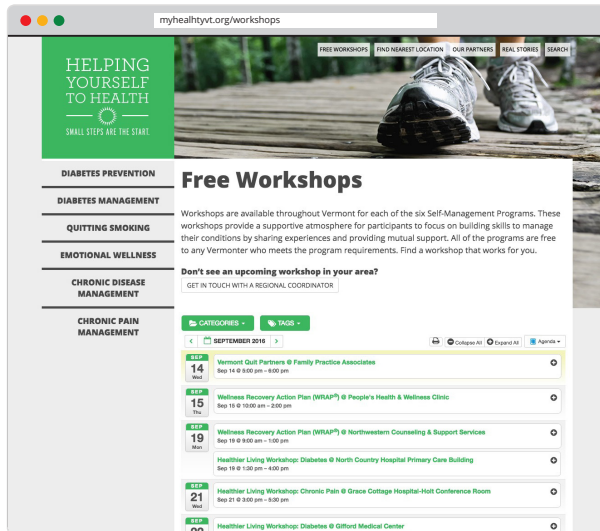


Map Locator

Connect with a Regional Coordinator by using the statewide interactive map or scroll through the list to find the one closest to you. Patients can also ask for a Regional Coordinator to contact them by filling out a simple online form.

<http://myhealthyvt.org/find-nearest-location/>

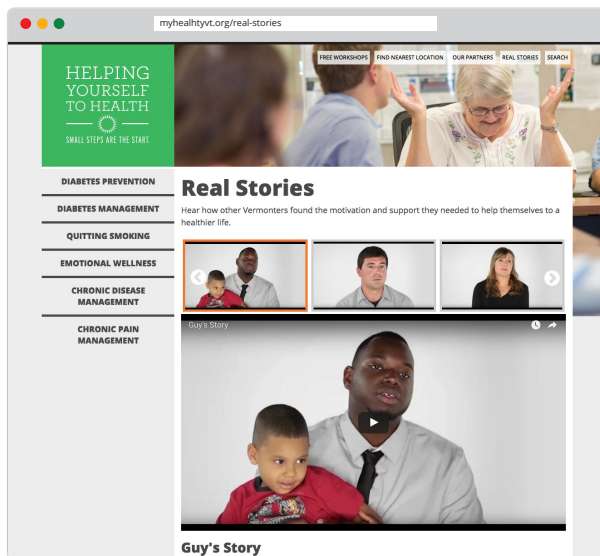
Features of MyHealthyVT.org



Free Workshops

Patients can easily locate the workshop that works best for them by using the interactive calendar.

<http://myhealthyvt.org/workshops/>



Real Stories

Need some inspiration? Visit the Real Stories section to hear how Vermonters found the motivation and support they needed to help themselves to a healthier life.

<http://myhealthyvt.org/real-stories/>



HELPING
YOURSELF
TO HEALTH



SMALL STEPS ARE THE START.

CONTACT

YMCA's Diabetes Prevention Program Coordinator
ymcadpp@gbymca.org | (802) 652-8196

This guide is available for download at
healthvermont.gov/prevent/diabetes/diabetes.aspx

To find resources for your patients, visit:

MYHEALTHYVT.ORG

